Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) A track for use in a building framing system, the track comprising:

a web that extends in a longitudinal direction; and one or more legs which extend from the web and which extend along at least a portion of the web in the longitudinal direction, each leg comprising a deformable portion located between the web and a distal edge of the leg;

wherein each deformable portion is bent along four or more longitudinally-extending bend lines to form four our or more corresponding bends and each of the bends is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle; and wherein deformation of the deformable portion of each leg is accompanied by relative movement of the distal edge of the leg in a direction that is at least one of: towards toward

2. (Previously Presented) A track according to claim 1 wherein a section of each leg that includes the deformable portion consists essentially of a unitary piece of material.

the web and away from the web.

3. (Previously Presented) A track according to claim 2 wherein, for the deformable portion of each leg, the four or more longitudinally-extending bend lines and the four or more corresponding bends extend longitudinally to be

substantially longitudinally coextensive with their corresponding leg to provide at least one deformable groove that extends in the longitudinal direction to be substantially longitudinally coextensive with its corresponding leg, the deformable groove being at least one of: compressible in a direction orthogonal to the longitudinal direction and expandable in a direction orthogonal to the longitudinal direction.

- 4. (Previously Presented) A track according to claim 3 wherein each deformable groove comprises: a first angled groove portion that extends from a first one of the bends in an upper portion of the leg, a second angled groove portion that extends from a second one of the bends in a lower portion of the leg and a central groove portion that extends between third and fourth ones of the bends in the first and second angled groove portions.
- 5. (Original) A track according to claim 4 wherein, prior to deformation, an angle between the first angled groove portion and the upper portion of the leg, an angle between the second angled groove portion and the lower portion of the leg, an angle between the first angled groove portion and the central groove portion and an angle between the second angled groove portion and the central groove portion are all in a range between 105° and 165°.
- 6. (Previously Presented) A track according to claim 5 wherein each deformable groove is compressible to a relatively compressed state and wherein, in the relatively compressed state, an angle between the first angled groove portion and

the upper portion of the leg, an angle between the second angled groove portion and the lower portion of the leg, an angle between the first angled groove portion and the central groove portion and an angle between the second angled groove portion and the central groove portion are all in a range between 60° and 150°.

7. (Previously Presented) A track according to claim 5 wherein each deformable groove is expandable to a relatively expanded state and wherein, in the relatively expanded state, an angle between the first angled groove portion and the upper portion of the leg, an angle between the second angled groove portion and the lower portion of the leg, an angle between the first angled groove portion and the central groove portion and an angle between the second angled groove portion and the central groove portion are all in a range between 120° and 180°.

8.-11. (Cancelled)

- 12. (Original) A track according to claim 3 wherein each deformable groove is resiliently deformable.
- 13. (Previously Presented) A track according to claim 3 wherein each leg comprises a flat portion between its at least one deformable groove and its distal edge, the flat portion providing a surface for coupling one or more study to the track.

- 14. (Original) A track according to claim 3 wherein the one or more legs comprise a pair of spaced apart legs which extend from the web to define a channel therebetween.
- 15. (Withdrawn) A track according to claim 14 wherein each deformable groove opens into the channel.
- 16. (Previously Presented) A track according to claim 14 wherein each deformable groove opens outwardly from the channel.
- 17. (Withdrawn) A track according to claim 3 wherein each deformable groove comprises at least one portion that is curved in cross-section.

18.-19. (Cancelled)

20. (Withdrawn) A track according to claim 2 wherein the one or more legs comprise a pair of spaced apart legs which extend from the web to define a channel therebetween and wherein the deformable portion of each leg comprises a curved bend of the leg, the curved bend having an interior angle greater than 90° and curving toward an interior of the channel.

21. (Cancelled)

22. (Previously Presented) A track according to claim 3 used in a wall of a building, the wall comprising an opposing track and one or more studs, each stud extending between and coupled at its opposite ends to the track and to the opposing track.

- 23. (Previously Presented) A track according to claim 22 wherein a first portion of each stud is coupled to the one or more legs of the track between the deformable portions and the distal edges of the one or more legs, such that relative movement of the stud toward the web causes compression of the four or more bends of the deformable portion of each leg.
- 24. (Previously Presented) A track according to claim 22 wherein a first portion of each stud is coupled to the one or more legs of the track between the deformable portions and the distal edges of the one or more legs, such that relative movement of the stud away from the web causes expansion of the four or more bends of the deformable portion of each leg.
- 25. (Previously Presented) A track according to claim 23 wherein the one or more legs of the track comprise a pair of spaced apart legs which extend from the web to define a channel therebetween.
- 26. (Original) A track according to claim 25 wherein each leg of the track comprises a flat portion located between its deformable portion and its distal edge and wherein a first end portion of each stud extends into the channel and is coupled to the flat portion of each leg.
- 27. (Original) A track according to claim 25 wherein the channel is a downwardly opening channel.

- 28. (Original) A track according to claim 25 wherein the channel is an upwardly opening channel.
- 29. (Withdrawn) A track according to claim 22 wherein an opposing end portion of each stud is coupled to the opposing track in a manner that does not permit substantial relative movement between the stud and the opposing track.
- 30. (Previously Presented) A track according to claim 22 wherein the opposing track is substantially similar to the track and an opposing end of each stud is coupled to the opposing track in a manner that permits relative movement between the stud and a web of the opposing track.
- 31. (Withdrawn) A track according to claim 1 wherein the deformable portion of each leg comprises an elastic member.
- 32. (Withdrawn) A track according to claim 31 wherein each elastic member is fabricated separately from the track and subsequently coupled to the corresponding leg of the track.
- 33. (Cancelled)
- 34. (Withdrawn) A track according to claim 31 wherein the elastic member associated with each leg comprises at least one deformable groove that extends in the longitudinal direction, the deformable groove being at least one of: compressible in a direction orthogonal to the longitudinal direction and expandable in a direction orthogonal to the longitudinal direction.

- 35. (Withdrawn) A track according to claim 34 wherein each deformable groove is resiliently deformable.
- 36. (Withdrawn) A track according to claim 34 wherein the one or more legs comprise a pair of spaced apart legs which extend from the web to define a channel therebetween.
- 37. (Withdrawn) A track according to claim 36 wherein each deformable groove opens in a direction that is one of: into the channel and outwardly from the channel.
- 38. (Withdrawn) A track according to claim 34 wherein each deformable groove comprises at least one portion that is curved in cross-section.
- 39. (Withdrawn) A track according to claim 34 wherein the elastic member associated with each leg comprises a plurality of deformable grooves, each deformable groove extending in the longitudinal direction and each deformable groove being at least one of: compressible in a direction orthogonal to the longitudinal direction and expandable in a direction orthogonal to the longitudinal direction.
- 40. (Withdrawn) A track according to claim 34 wherein a section of each deformable leg that includes the deformable portion consists essentially of a unitary piece of material.

41.-46. (Cancelled)

47. (Currently Amended) A method for providing relative movement between a track and one or more studs in a building framing system, the method comprising:

providing a track having a web which extends in a longitudinal direction and one or more legs which extend from the web and which extend along at least a portion of the web in the longitudinal direction, each leg comprising a deformable portion located between the web and a distal edge of the leg wherein each deformable portion is bent along four or more longitudinally-extending bend lines to form four or more corresponding bends and each of the bends is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle;

rigidly coupling a first end of the one or more studs to the one or more legs; and

deforming the deformable portion of the one or more legs to permit relative movement of the one or more studs in a direction that is at least one of: toward the web and away from the web wherein deformation of the deformable portion of each leg is accompanied by relative movement of the distal edge of the leg in a direction that is at least one of: toward the web and away from the web; wherein at least one of the one or more legs comprises a deformable portion bent along four or more longitudinally-extending bend lines to form four or more corresponding bends and deforming the deformable portion of the one or more legs comprises at least one of: compressing at least one of the four or more bends to reduce its interior angle and expanding at least one of the four or more bends to increase its interior angle.

- 48. (Currently Amended) A method according to claim 49 wherein deforming the deformable portion of the one or more legs comprises resiliently deforming the one or more legs.
- 49. (Currently Amended) A method according to claim 47 wherein, for each leg of the track, the four or more longitudinally-extending bend lines and the four or more corresponding bends are longitudinally coextensive with their corresponding leg to provide a deformable groove that is longitudinally coextensive with its corresponding leg and wherein deforming the deformable portion of the one or more legs comprises at least one of: compressing the deformable groove; and expanding the deformable groove.
- 50. (Previously Presented) A track according to claim 1 wherein, prior to deformation, interior angles of the four or more bends are in a range of 105° to 165°.
- 51. (Previously Presented) A track according to claim 1 wherein each of the four or more bends is compressible to a relatively compressed state and wherein, in the relatively compressed state, interior angles of the four or more bends are in a range of 60° to 150°.
- 52. (Previously Presented) A track according to claim 1 wherein each of the four or more bends is expandable to a relatively expanded state and wherein, in the relatively expanded state, interior angles of the four or more bends are in range of 120° to 180°.

- 53. (Previously Presented) A track according to claim 4 wherein, prior to deformation, a sum of:
 - (a) an angle between the first angled groove portion and the upper portion of the leg;
 - (b) an angle between the second angled groove portion and the lower portion of the leg;
 - (c) an angle between the first angled groove portion and the central groove portion; and
 - (d) an angle between the second angled groove portion and the central groove portion;
 - is in a range of 420° to 660°.
- 54. (Previously Presented) A track according to claim 4 wherein each deformable groove is compressible to a relatively compressed state and wherein, in the relatively compressed state, a sum of:
 - (a) an angle between the first angled groove portion and the upper portion of the leg;
 - (b) an angle between the second angled groove portion and the lower portion of the leg;
 - (c) an angle between the first angled groove portion and the central groove portion; and
 - (d) an angle between the second angled groove portion and the central groove portion;
 - is in a range of 240° to 600°.
- 55. (Previously Presented) A track according to claim 4 wherein each deformable groove is expandable to a relatively expanded state and wherein, in the relatively expanded state, a sum of:

- (a) an angle between the first angled groove portion and the upper portion of the leg;
- (b) an angle between the second angled groove portion and the lower portion of the leg;
- (c) an angle between the first angled groove portion and the central groove portion; and
- (d) an angle between the second angled groove portion and the central groove portion;

is in a range of 480° to 720°.

- 56. (Currently Amended) A framing system for a building wall, the framing system comprising:
 - a lower track comprising:

a lower web that extends in a longitudinal direction; and

one or more lower legs which extend upwardly from the lower web and which extend along at least a portion of the lower web in the longitudinal direction, each lower leg comprising a lower deformable portion located between the lower web and an uppermost edge of the lower leg, wherein each lower deformable portion is bent along four or more longitudinally-extending lower bend lines to form four our or more corresponding lower bends and each of the lower bends is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle; an upper track comprising:

an upper web that extends in the longitudinal direction; and

one or more upper legs which extend downwardly from the upper web and which extend along at least a

portion of the upper web in the longitudinal direction, each upper leg comprising an upper deformable portion located between the upper web and a lowermost edge of the upper leg, wherein each upper deformable portion is bent along four or more longitudinally-extending upper bend lines to form four our or more corresponding upper bends and each of the upper bends is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle; and

a plurality of studs which extend between the upper and lower tracks at longitudinally spaced apart locations, wherein each stud is fastened to at least one of the one or more upper legs above its lowermost edge and below its upper deformable portion and wherein each stud is fastened to at least one of the one or more lower legs below its uppermost edge and above its lower deformable portion; wherein deformation of the lower deformable portion of each lower leg is accompanied by relative movement of at least one stud in a direction that is at least one of: towards toward the lower web and away from the lower web; and wherein deformation of the upper deformable portion of each upper leg is accompanied by relative movement of at least one stud in a direction that is at least one of: towards toward the upper web and away from the upper web.

57. (Previously Presented) A track according to claim 1 wherein, for each deformable portion, the four or more bends comprise:

a proximate bend at one extremity of the deformable portion at a location along the leg between the deformable portion and the web;

- a distal bend at an opposing extremity of the deformable portion at a location along the leg between the deformable portion and the distal edge of the leg;
- a pair of intermediate bends located along the leg between the proximate and distal bends and within the extremities of the deformable portion; and wherein the deformable portion is deformable between:
- a relatively expanded configuration wherein the proximate bend and the distal bend are further apart from one another than the intermediate bends are from one another; and
- a relatively compressed configuration wherein the proximate bend and the distal bend are closer to one another than the intermediate bends are to one another.
- 58. (Previously Presented) A track according to claim 3 wherein the groove is expandable to a relatively expanded configuration wherein an opening of the groove is wider in the direction orthogonal to the longitudinal direction than an interior of the groove and compressible to a relatively compressed configuration wherein the opening of the groove is narrower in the direction orthogonal to the longitudinal direction than the interior of the groove.
- 59. (Previously Presented) A track for use in a building framing system, the track comprising:
 - a web that extends in a longitudinal direction; one or more legs which extend from the web and which extend along at least a portion of the web in the longitudinal direction, each leg comprising a deformable groove located between the web and a distal edge of the leg;

wherein the deformable groove is deformable to a relatively expanded configuration wherein an opening of the groove is wider in the direction orthogonal to the longitudinal direction than an interior of the groove and deformable to a relatively compressed configuration wherein the opening of the groove is narrower in the direction orthogonal to the longitudinal direction than the interior of the groove; and

wherein deformation of the groove is accompanied by relative movement of the distal edge of the leg in the direction orthogonal to the longitudinal direction.